

Gummers How

Distance - 6¼ km (4 miles) Ascent 161m (528ft) Map: Ordnance Survey Explorer OL7, The English Lakes, South Eastern Area 1:25,000

Walk 12



— - Walk

— - A592

① - See attached instructions for details of points

Disclaimer:

This route was correct at time of writing. However, alterations can happen if development or boundary changes occur, and there is no guarantee of permanent access. These walks have been published for use by site visitors on the understanding that neither HPB Management Limited nor any other person connected with Holiday Property Bond is responsible for the safety or wellbeing of those following the routes as described. It is walkers' own responsibility to be adequately prepared and equipped for the level of walk and the weather conditions and to assess the safety and accessibility of the walk.

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Gummers How is a well shaped peak, more impressive than its modest height of 321m (1054ft) would indicate. Whilst in central Lakeland it would be an insignificant pimple among the giants, its stand-alone detachment well to the south gives an individual dignity and provides superb views.

The best view point for Windermere is about 100m north-west of the summit. Scafell Pike, Lakeland's highest mountain is only one of a huge number of peaks in view; to the south is Morecambe Bay, whilst to the east the Howgill Fells and the distant Pennines can also be seen.

The route set out below includes the ascent of Gummers How in an attractive, not too demanding circuit, basically on good paths. In wet weather some sections will be muddy and there are two stiles. The walk finishes along the side of a very quiet road. (A short walk option is largely out and back to the summit of Gummers How but with a little circuit at the peak).

Start/car parking - Gummers How car park (Forestry Commission) by the side of the minor road from Newby Bridge to Bowland Bridge, grid reference 390876.

WALK

From the car park turn right, uphill along the roadside for a little more than 100m.

- 1 Turn left through a gate signposted 'public footpath Gummers How'. From the excellent path there are superb views down to Lakeside at the foot of Windermere and to a whole array of mountains beyond, the Coniston Fells being particularly prominent. The track passes through light woodland, with abundant silver birch. Cross a small stream before starting the rise to the summit, mainly on a well constructed natural stone stairway.
- 2 At a junction a little way below the summit there is a choice of path; the direct route goes straight ahead, involving just a little mild scrambling (if the short walk option is taken this is the preferred upward route). A diversion to the right circles below the summit, easy and without scrambling, bearing round to the left to reach the peak, with its shapely little column. (For the short walk this is the recommended return route).
- 3 To continue the full circuit head just a little east of north from the summit. There are several grass paths, none of them reliably continuous, which seem to be heading in more or less the right direction. The area can be very boggy, so try to stay on the higher ridge if possible. The objective is a ladder stile over a cross wall, close to a farm gate, a little more than a half mile from Gummer How. Before reaching this stile a derelict wall is crossed and the path soon becomes better defined, heading for woodland.

- 4 Go over the stile; through the woodland the path is generally clear on the ground, never far from the busy little Burrow Beck.
- 5 Reach a cart track. Turn right to cross the beck to a signpost. Follow 'Cartmel Fell', rising quite steeply up the valley side. Go straight ahead at a junction to continue rising. Go left at a waymark on a post, still rising, going straight ahead at further waymarks. There are now long views over much of the comparatively soft 'Silurian' farming landscape of southern Lakeland. The track narrows, with a section by the side of a wall. Cross a stream, then another stream, with mini waterfalls. Go over a waymarked stile, pass the remains of an old wall and continue along a delightful path, including a section boardwalk.
- 6 At a waymarked junction there is a small ruined building to the left. Go straight ahead, cross a stream and continue to a gate/stile giving access to the public road.
- 7 Turn right to walk by the side of the very quiet road for almost one and a half miles to rejoin the outward route at point 1 and return to the car park.